

thePost

Vol. 81, No. 28

Published for the Fort Dix Community since 1942

July 14, 2006

NEWSNOTES

Installation Town Hall Meeting set August 2

The Installation Town Hall Meeting will be held Wednesday, August 2, at 3 p.m. in the Main Chapel. Questions can be submitted in advance to Andre Mixon, by calling 562-6669 or by email to Andre.mixon@dix.army.mil.

AAFES offers job opportunities

There are many positions open in Retail (cashiers, sales associates on the sales floor, supervisors, warehouse) and Food Service (Burger King and Food Court).

To apply, go to www.aafes.com and click on the employment link (near the top of the page). Scroll down and click on New Applicant to complete on-line application.

There is another link called Entry Level Jobs by Location. Applicants would click that to see what jobs are open. This is where the applicant number and password are needed.

Pay varies by position. For Food Service and Warehouse, the starting pay is \$7.90. Retail usually starts at around \$6.50 (supervisors higher, of course). If you have any questions please call 723-6004 or email farren@aafes.com.

Yard of the Month competition ongoing

The arrival of warm weather heralds the start of the yearly Yard of the Month competition for the months of June, July and August. The Yard of the Month program is designed to instill pride in the family housing communities and provide special recognition to those who have taken exceptional pride in their outside areas.

Battleship New Jersey free for service members

The Battleship New Jersey Museum and Memorial is offering 50 percent off its guided and self-guided tours for children ages 6 to 11 with the purchase of an adult ticket through the end of August. Admission is **FREE** for active-duty military with valid I.D. card.

One of the ship's newest attractions is a 4D simulator ride that gives guests the chance to "fly" a from the battleship to the island of Iwo Jima. For more information, call (856) 966-1652 or visit www.battleship-newjersey.org.

Child care available for kids aged 2 to 5

The Fort Dix Child Development Center (CDC) presently has full-time openings for children 2 years to 5 years of age (children who completed kindergarten this year). A waiting list exists for children under 3 years of age.

For more information and registration call Child and Youth Services Central Enrollment Registry at 562-4702/5231 or stop by building 5203 on Fort Dix.

WEATHER

FRIDAY -- Mostly sunny, high of 90, overnight low of 60 degrees, chance of showers.

SATURDAY -- Morning clouds, afternoon sun with a high of 92 and low of 68. Slight chance of showers.

SUNDAY -- Hot and sunny, high of 93 degrees and low of 69.

MONDAY -- Fair skies and hot, with high of 91 and overnight low of 70. Slight chance of thunderstorms.

TUESDAY -- Partly cloudy, still hot with high of 90 and low of 69 degrees.



Ed Mingin

AIR SKILLS -- Junior Reserve Officer Training Corps Cadet Jovante Searles practices speed control during a descent at the rappelling tower on Fort Dix July 12.

Deputy defines goals in new job

Carolee Nisbet
Editor

Fort Dix is an unexpected stop in Lt. Col. Roger Cotton's military career -- but one he and his family are happy to make.

The new deputy installation commander was headed for the War College at Carlisle Barracks, Pa., when he was picked up on the command list and rerouted to New Jersey.

"I had no preconceived ideas about Fort Dix," he said, "and since I'd only been here once, I didn't know much about it. But now, the more time I have to look around, the more excited I am to be here -- it's a great post."

After a detour to the Garrison Pre-Command Course to gain installation-specific skills, Cotton is ready to tackle the assignment. Top three on his list of things he'd like to achieve:

"I'd like to do everything I can to help keep this a great place for Soldiers and their families, who are definitely part of Team Dix," he said. "That means a high quality of life, a strong connection to the community and each other, opportunities for growth as individuals and service to our country."

Combat readiness is the second. "Annual training, mobilization, tenant units, whatever, we want to ensure they are ready," he said.

Third on Cotton's list is working to constantly develop leadership, both military and civilian. Helping to manage change will be one of the biggest challenges on the horizon for our leaders," he said. "Joint Basing, Joint Mobilization and more, there's a lot of change coming, but I still see a can-do attitude in the workforce."

"I hope I can help shape the perception to one of excitement about the change to do something unique," he said.

Cotton has expectations about the post, too.

"We have to take care of each other, especially employees, and grow the next generation of leaders. And we have to continue to accomplish the mission."

The last, he said, shouldn't be a problem. "I can't brag enough on the folks I'm meeting in the warehouses, in the offices, everywhere. They go at their jobs with heart. We obviously have great leadership in place."

(continued on page 3)

Cadets launch quest for skills

More than 400 students from 27 high schools in New Jersey, New York and Pennsylvania flooded into Fort Dix this week -- but the classes awaiting them weren't in reading, writing or arithmetic.

The students, all Cadets in the Junior Reserve Officer Training Corps, turned their focus instead on leadership, motivation, problem solving and physical training.

During a week of events that challenged both mind and body, the cadets learned to rappel from a wooden tower, solve a variety of practical problems at the Leadership Reaction Course, navigate with map and compass and push their bodies through the Confidence Course.

A lesson in history was also part of the course, with Maj. Bob Snyder of Lakewood High School setting up a typical Civil War camp.

The camp was set up as it would have been for an officer at the time -- bed, linens, table, folding chairs, eating utensils and uniforms.

"Maybe the most important thing to a Soldier back then was coffee," Snyder told the group. "The way they fought was different. They didn't fight at night. So they'd talk to each other. They weren't too far apart and you might hear, 'You got any coffee?' And a reply, 'Yeah, you got any tobacco?' Then they'd meet out in the middle of

the field and trade, maybe play some cards. Of course the next day they'd be trying to kill each other again. It was similar for officers. Many of them knew each other before the war. After the fighting during the day, they'd get together and visit. They'd say, 'How's your mom and sister? I'll have to stop by when the war is done and see them.' Again, the next day they'd be trying to kill each other."

Snyder also gave the cadets a run down on weapons from the era, including rifles, handguns, knives, hatchets and bayonets.

"There were a lot of amputations in the Civil War," he said. "If a large calibre bullet hit bone, it would shatter it and the limb would have to be amputated. The technology allows us to save so many more lives today."

"Back then you might see a Soldier pick up and save a cobweb if he came across one. He'd grab it and put it in his pocket. If there was a wound, he'd shove the cobweb in there to stop the bleeding. They'd also use maggots. The maggots will only eat dead skin. To prevent infection, they'd put maggots on the wound. The maggots would eat the dead tissue and keep the wound clean, preventing gangrene. Today, this method is making a return. Some hospitals are using maggots the same way, to keep wounds clean."

(continued on page 8)



Sgt. 1st Class David Moore

IN CASE OF EMERGENCY-- Pfc. Evyn Ramiah, 3rd-112th Field Artillery update emergency notification data with Spc. Kimberly Hankins of the New Jersey National Guard Joint Forces Headquarters.

Jersey Guard fires up for multiple missions

Sgt. Shawn Morris
444th MPAD

It's not easy being an Army National Guard Soldier. Not only must one be ready to take up arms in the Global War on Terrorism, but also to heed the call of duty during domestic disturbances, natural disasters and the like.

Such preparation involves not only staying in shape and performing training tasks to standard, but also taking care of more mundane duties such as receiving up-to-date immunizations and maintaining accurate records.

In an effort to help some of these Citizen-Soldiers stay fit-to-fight, the New Jersey Army National Guard's (NJANG's) Joint Force Headquarters (JFHQ) ran a two-day Soldier Readiness Process (SRP) at the Training and Training Development Center (TTDC) on Fort Dix July 8 and 9. More than 500 Soldiers either completed the process or learned what deficiencies were preventing them from doing so.

"We want to set them up for success," explained Lt. Col. James Hayes, SRP Officer-In-Charge. "They're going to be prepared for the mission."

Being prepared is every Soldier's mission, and completing an SRP is an annual requirement, normally handled at the unit level, for all NJANG members.

A Soldier's records must be in order so he or she can be mobilized for Military Support to Civil Authority (MSCA) missions, which consist of things like maintaining law and order during a riot, providing relief following a natural disaster, and augmenting government workers during a strike.

During the SRP, Soldiers were treated to personnel-records review, legal briefings, dental checks, medical screenings and inoculations. The SRP was set up using guidelines established in the Forces Command Mobilization and Deployment System (FORMDEPS) for federal mobilization.

Although not normally part of the SRP, weapons qualification was held during the weekend on three Fort Dix ranges. Weapons qualification is also an annual requirement for Soldiers.

Two groups of Soldiers from the 50th Brigade participated in the SRP. Members of Headquarters and Headquarters Company

(continued on page 6)

Fort Dix chalks up 89th birthday

There will be a Retreat ceremony at the flag Tuesday at 5 p.m. honoring Fort Dix's 89th birthday and a cake will be cut the next night at Club Dix at 5 p.m. as part of MCO/OPD activities.

Fort Dix was established on July 18, 1917, 89 years ago come Tuesday. All of those years have been far from uneventful.

When heavy guns shattered the peace in Europe and ushered in World War I, the United States was forced to take stock of its military readiness and did not like what it saw. Congress and the executive branch decided that additional training grounds were needed to prepare its soldiers to defend the nation.

One site selected was among rolling farm and pinelands in south central New Jersey. Camp Dix was named for Maj. Gen. John Adams Dix, a veteran of the War of 1812 and the Civil War. His distinguished public career included stints as a United States Senator, Secretary of the Treasury, and Governor of New York.

Construction of the cantonment named after him began in June 1917.

World War I mission

During World War I, Camp Dix was a training and staging ground for the 78th, 87th, and 34th Divisions. Dix grew quickly and soon became the largest military reservation in the Northeast. Following the armistice ending World War I, Camp Dix became a major demobilization center.

During the period between World Wars I and II, Camp Dix became a training facility for active Army, Army Reserve and National Guard units. The



Citizen's Military Training Camp conducted summer training under direction of the 1st, 77th, 78th and 99th Infantry Divisions.

And from 1933 to 1941, Camp Dix served as a training and discharge center for the Civilian Conservation Corps, one of many New Deal programs designed to help Americans lick the ravages wrought by the Great Depression.

Permanent fixture

On March 8, 1939, Camp Dix was no more. Instead, the installation became a permanent Army post - Fort Dix.

And missions weren't scarce for the new fort.

Fort Dix served as a reception and training center for men inducted under the draft of 1939. Ten divisions trained and deployed here to the battlefields of World War II. At the end of the war, Fort Dix's reception center was transformed into a separation center, returning over 1.2 million soldiers to civilian life.

But new challenges awaited the citadel in Burlington County.

On July 15, 1947, Fort Dix



READY FOR WAR -- Doughboys at Fort Dix support a M-30 machine gun team in training for World War I.

became a basic training center and home of the 9th Infantry Division. In April 1954 the 9th was transferred to Europe and Dix welcomed the 69th Infantry Division with open arms. But the 69th's stay was short-lived, the division departing due to deactivation on March 16, 1959.

That date saw Fort Dix's rebirth as the United States Army Training Center, Infantry.

And Fort Dix began expanding rapidly in the early 1960s with the onset of the Vietnam War. Engineers on post even constructed a mock Vietnam village and soldiers received specific training designed to help them cope with what they'd face in the Southeast Asia theater of operation.

TRADOC bound

In 1973 Fort Dix became a part of the Army's brain trust, being incorporated into the newly-formed U.S. Army's Training and Doctrine Command (TRADOC).

In August 1990 Fort Dix began around the clock operations deploying troops for Desert Shield and Desert Storm. But despite the post's proficiency in executing that mission Fort

Dix ended its active Army training mission as a result of Base Realignment and Closure Commission (BRACC) recommendations.

On October 1, 1992, Fort Dix was transferred from TRADOC to Forces Command (FORSCOM), becoming a regional reserve training site, mobilizing platform and support center.

In December 1995 Team Dix demonstrated how proficient it had become in meeting its new mission by efficiently mobilizing and deploying troops for Bosnia Peace Missions. These mobilization activities continued until 1997.

Dix in Reserve

In October 1997, Fort Dix changed missions yet again, this time joining the U.S. Army Reserve Command.

The shock of 9/11 propelled Fort Dix to new heights, earning the installation accolades as the post received the Army's Chief of Staff Deployment Excellence Award for two years running!

Wars come and go but Soldiers and civilians at Team Dix always meet the challenge. Hoahhh!

Dixan on the street

compiled by Steve Snyder

What's your favorite kind of music? Favorite artist(s)? And why?

Teresa Hargrove
Food Court supervisor
BX/PX

"R & B, older ones. I like Luther Vandross, Barry White, Patti LaBelle, Aretha Franklin, Earth, Wind & Fire."



Staff Sgt. Xoua Kha
630th CSSB

"I like all kinds, especially soft music or easy listening. It's relaxing."



Nicole Nicholas, teller
Armed Forces Bank
BX/PX

"Latin music. I like to dance to Salsa and Meringue."



Bobby Brown
(no relation to Whitney Houston)
Relocation Assistance
ACS

"Jazz. It releases me, de-stresses. I like Rodney Franklin, Kirk Walein, Dave Koz, Gato Barbieri..."



Stephanie Jones, teller
Armed Forces Bank
BX/PX

"Soca. Yes, it's sort of like calypso. I like it because I'm from the Caribbean (where the music originated)."



SFC Kenneth Hunter
630th CSSB

"I'm partial to Jazz. When I relax I like to hear mellow music - David Sanborn, Kenny G... whatever you want to call them."



the Post

This newspaper is an authorized publication for members of the military. Contents of The Post are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Fort Dix. It is published weekly by the Public Affairs Office, Fort Dix, AFRC-FA-PA-CL, Fort Dix, N.J. 08640-5075, (609) 562-5037. Circulation: 9,400.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All editorial content of The Post is prepared, edited, provided and approved by the Public Affairs Office of Fort Dix. The Post is printed by The Burlington County Times, Inc., a private firm in no way connected with DA, under exclusive written contract with Fort Dix. The printer is responsible for commercial advertising.

The appearance in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army, or the Burlington County Times, Inc., of the products or services advertised. Queries on news content will be answered by the Fort Dix Public Affairs Office. For advertising call (609) 871-8087.

Visit Fort Dix on the Internet at
<http://www.dix.army.mil>

Post Commander Col. R. David McNeill
Public Affairs Officer/Editor Carolee Nisbet
PA Specialist/Webmaster David Moore
PAO Automation/Admin Nevery Wakefield
PAO Media Relations Pascual J. Flores
PAO OpEd/Features Steve Snyder

Fort Dix Public Affairs Office Contract Workers

Melissa Bird, Wayne Cook, Ed Mingin, Shawn Morris

WE GUARANTEE DELIVERY of your Fort Dix Post

The delivery of your Fort Dix Post newspaper is handled by the Burlington County Times. If for some reason you are not satisfied with the service of your newspaper, please call us direct, 871-3000.

Western music evokes spirit of America

Steve Snyder
Public Affairs Staff

"Every country in the world loved the folklore of the West - the music, the dress, the excitement, everything that was associated with the opening of a new territory. It took everybody out of their own little world. The cowboy lasted a 100 years, created more songs and prose and poetry than any other folk figure..."

John Wayne

"The Western is our Shakespeare." Robert Duvall

Questions about musical taste invariably arise, usually arousing ire from those who suspect interrogators are trying to "diss" them. It's as if preference in tunes or styles amounts to a sacred faith or creed, one so fragile that criticism threatens to shatter its pieces to the wind.

"The Sixties and Sinatra" is my reply when asked about musical favorites. Acid rock arrived in the early '70s, drowning out much exceptional art produced a decade earlier and sending adherents into exile, some even into the arms of Frank Sinatra. But I was never tempted to close my ears any more than I would have chosen to close my mind.

I appreciated jazz, having seen Count Basie and Duke



Wikipedia

SINGING COWBOY -- Gene Autry was the first and best of the movie's singing cowboys before he went on to buy the Los Angeles Angels and make a fortune in various other business dealings (at his death in 1998 the 93-year-old Autry was worth \$320 million). But money and fame didn't seem to visibly dent the man who saw himself as just another cowboy. Autry's *Best in the Saddle Again* will be played as long as Americans have guitars.



Thomas Hart Benton's "The Sources of Country Music," courtesy of The Country Music Foundation

SOURCES OF INSPIRATION -- Thomas Hart Benton's famous painting illustrates 17 figures representing various cultural influences on country music; including a trait, steamboat, black and white player, country fiddlers and dulcimer players, hymn singers and square dancers. That's singing cowboy Tex Ritter on the right.

Ellington in concert and having witnessed the flowering of Chuck Mangione's progressive version of the American art form in upstate New York. And a tour in the Navy introduced me to some of the finer strains of Country & Western, too, picked up in backwater bistros in Virginia's Tidewater area.

But I always thought the Western in C&W was a vastly underrated component. Let the yokels go ga-ga over Willie Nelson. I got off on Gene Autry.

"Back in the saddle, again

Back where a friend is a friend

Right there, he grabs you,

Gene's signature work, *Back in the Saddle Again*, sings the virtues of a simpler life and one not bereft of honor.

And what about Cole Porter's

Don't Fence Me In. A sophisticated noted for unflattering urbanity, Porter did take time to pen a least one classic Western paean to the open prairie.

I used to groove over Tex Ritter's immortal version of

High Noon (Do Not Forsake Me O My Darling) in the community club on Robinson

Barracks in Stuttgart, of all places. Especially the part where

Tex wails that he's got "to shoot Frank Miller dead."

The best Western tunes lack any pretense to sugarcoating anything. They tell it like it is.

Johnny Horton combined the tough, unvarnished Western mentality with patriotism to spawn a career that dominated both Pop and Country charts before he being killed in a crash with a drunk driver. The curious

are advised to get his album, *The Best of Johnny Horton*, which includes *The Battle of New Orleans*, *Sink the Bismarck*, *Johnny Reb*, *Jim Bridger*,

Johnny Freedom and North to Alaska amid its treasures.

Along with Cole Porter, other song writing heavyweights didn't hesitate to tap Western Americana. Richard Rogers and Oscar Hammerstein wrote the musical *Oklahoma* for Broadway in 1943, after 2,212 performances it was adapted to the screen in 1955 with its title number, *Oklahoma*, still ringing in the American consciousness.

Cognoscenti of the film or play can also dig *The Farmer and the Cowhand Should Be Friends*, a catchy little ditty that makes ya tap toes.

Johnny Horton to an extent, Jimmy Dean combined C&W with occasional patriotic themes to carve a niche for himself. *Big Bad John* was his 1966 hit about a noble miner "with a crashing right hand who sent a Louisiana fella to the promised land" before saving his buddies down in the hole. But I especially liked his *P.T. 109*, about the exploits of President Kennedy in the South Pacific during World War II, written before JFK's assassination in 1963.

Smoke and fire upon the sea,

Everywhere they looked was the enemy.

The heathen gods of old Japan,

Yeah, they thought they had the best of a mighty good man.

A beautiful eulogy for an American who deserved no less.

Many of the famous Western songs were written originally as soundtracks for motion pictures. Robert Mitchum's deep baritone boomed out *The Ballad of Thunder Road*, in a flick about Tennessee moonshiners, to accompany the delight in squealing tires and burning rubber.

Gene Pitney's *The Man*

Who Shot Liberty Valence was more along the lines of a traditional ballad, with a nicely-paced slower cadence building up drama about men facing up to violence on the frontier. Glen Campbell did fine job with *True Grit* in the memorable Western where John Wayne finally walked away with an Oscar.

Henry Mancini's rattling fiddles executed some superb instrumental music in *Over the Top* from the film *Oklahoma Crude* while Flat and Scruggs just played their hit, *Foggy Mountain Breakdown*, to add zest to the criminal exploits portrayed in 1967's *Bonnie and Clyde*.

One also fondly remembers Stan Jones' music and lyrics to *I Left My Love from The Horse Soldiers*; three different versions of *The Ballad of Davy Crockett* when the Walt Disney-inspired conksin cap craze swept childhood America in 1955; the theme from TV's *Maverick* in 1957; Johnny Cash's *The Rebel-Johnny Yuma* and *Folsom Prison Blues*; Vietnam era tunes like *Ballad of the Green Berets* by Sgt. Barry Sadler in 1965 and Kenny Rogers' *Ruby Don't Take Your Love To Town* three years later.

So, pilgrim. Take a break from rolling the rock, hitting the hop, and all that jazz to tune in, on occasion, to some cowboy sounds. They ain't exclusively country but they sure are American.



Wikipedia

PATRIOTIC BARD -- Lanky former college basketball player Johnny Horton infused his songs with a patriotism that has seldom been matched before and since his short life ended in 1960. His popular hits included *The Battle of New Orleans* and *Sink the Bismarck* among many other stirring sagas.



Recruit quality still high

Jim Garamone
American Forces Press Service

WASHINGTON, July 12, 2006 — The military has been able to fill its ranks without sacrificing quality, DoD's top personnel official told reporters yesterday.

David S. C. Chu, under-secretary of defense for personnel and readiness, said all active-duty components met their recruiting goals in June for the 13th month in a row. He said the reserve components also did well for the month, with all but the Navy Reserve making their recruiting goals.

All told, DoD recruits about 300,000 servicemembers in all components each year. Chu called the fact that the department can fill the ranks of the volunteer force a testament to young peoples' desire to serve.

"I think it's an antidote to those who question the willingness of young Americans to put someone else before themselves, to put some larger cause first,"

he said. "It's an antidote to that skepticism about youth and its values to see these numbers and to see their performance in the field."

Obviously, recruiting is a bit like watching a high-wire performer. It's wonderful that we have done well so far, but there's always the challenge of tomorrow. So this is a business where you can never lose your focus, you can never stop concentrating on the next challenge."

David S. Chu
Undersecretary of Defense
for Personnel and Readiness

More than 60 percent of the recruits came from the top half of mental aptitude categories. More than 90 percent have a high school diploma, which is the best indicator that recruits will stay through their first enlistment, officials said.

Chu said he is not disturbed by the increase in the number of

"category 4" personnel joining the Army. These recruits score in the lowest category of the Armed Services Vocational Aptitude Battery of tests.

The Army recruits no more than 4 percent of its force from this category, meeting the DoD benchmark, explained Doug Smith, public affairs officer for U.S. Army Recruiting Command. For many years, the Army had a self-imposed 2-percent limit, he said, but raised it to 4 percent in 2005. This stands in sharp contrast to the late 1970s, when as many as 45 percent of Army recruits could be drawn from category 4.

Congress imposed a cap of 25 percent of new recruits in that category in fiscal 1981, then lowered the ceiling to 20 percent in fiscal 1983, according to Bob Clark, DoD's assistant director for accessions policy.

Chu called DoD's 4 percent level appropriate to the needs of the military and said no one is looking to change the recruiting standards that have served the military so well.

"The standards have not changed. They are not going to change," he said. "We aim for the department as a whole to have 90 percent of our new recruits ... be high school diploma graduates. We aim to have 60 percent score in the upper half of the mental distribution." And the department will insist on high moral standards, he said.

"Quality pays off" in a varied range of ways, Chu said. "Quality pays off in ability to deal with difficult situations. Quality pays off in ingenuity in solving problems. Quality pays off in figuring out ... 'what did the lieutenant mean by those orders anyway?'"

The task now is to continue progress in the months ahead, he said. "Obviously, recruiting is a bit like watching a high-wire performer," Chu said. "It's wonderful that we have done well so far, but there's always the challenge of tomorrow."

"So this is a business where you can never lose your focus, you can never stop concentrating on the next challenge," he said.

Dix home to rising stars



David Moore

Col. Charles Harvey, left, is promoted to the rank of brigadier general and commander of New Jersey Army National Guard Soldiers during his promotion ceremony July 9. Uncasing the general's colors are 57th Troop Command's Command Sgt. Maj. James H. Marshall, left, and state Command Sgt. Major Jerome Jenkins.



Shawn Morris

Lt. Gen. Russel Honoré, commanding general, First United States Army, left, prepares to administer the oath of enlistment to Staff Sgt. James Cooksey, an observer/controller trainer with the 78th Division, on Range 65 July 13.



Shawn Morris

Family members of Staff Sgt. James Cooksey stand by his side following his re-enlistment by Lt. Gen. Russel Honoré. They are, from left, daughter Shannon, 13, daughter Kayla, 4, wife Sheryl of 13 years, and daughter Evelyn, 2. The Cooksey's son Mike, 15, is not pictured.



Ed Mingin

Task Force Edison promotes four of its NCO Observer Controller Trainers. Pictured are Staff Sgt. Lucas, Command Sgt. Maj. Thomas Holland, Sgt. Martin Otero, Staff Sgt. Harry McFadden, Staff Sgt. Pelagio Ferminpena and Col. Adam Reich. Additionally, one officer and two other NCOs were selected for promotion to the next grade: Capt. Raymond Lo, Sgt. First Class William Iovino and Staff Sgt. Edwin Pounal.

New post deputy defines goals —

(continued from page 1)

Cotton said he and his family — spouse Danielle and children Keith, Micah, Hannah and Leah — want to be a part of the community and are excited to be here. "We all want to be a part of Team Dix."

A Florida native, Cotton was commissioned as a second lieutenant following graduation from the U.S. Military Academy at West Point.

He holds Bachelor degrees in literature and computer science, and a Masters of Military Studies from the Marine Corps University.

His military education

includes the Infantry Officer Basic and Advanced Courses at Fort Benning, the U.S. Army Command and General Staff Officers College and the U.S. Marine Corps Command and Staff College.

He comes to Fort Dix from duty at the Pentagon on the Army Staff in G1-Plans where he worked force management

issues for Civil Affairs, PSY-OPs, Armor and Infantry units.

Cotton's previous assignments include serving as the aide-de-camp to the Chief, Army Reserve Commanding General, USARC; on staff with the 7th Army Reserve Command in Schwetzingen, Germany and the 2145th Garrison Support Unit at Fort Benning;

Company Command in the 4th Ranger Training Battalion, HHC Executive Officer and Brigade Assistant S1 in the 3rd Brigade, 101st Airborne Division (Air Assault) during Operations Desert Shield and Desert Storm. He has more than 20 years of service in a variety of command and staff assignments, in addition to his military education.

Soul Line Dance Lessons
Sundays from 3 - 5 p.m. at Club Dix
\$7 per person
Call (609)383-9576 for more info

Weather Watch

Stay tuned to WDX
Channel 2
and NOA Weather
for the most current
weather information for
Fort Dix



Charlie Co. welcomes new CO

Dean takes command of company in traditional ceremony, Webster farewells Soldiers en route to Iraq

Wayne Cook
Public Affairs Staff

With the sun shining brightly and friends and colleagues gathered together it was a great day for both Major Peter Webster and Major David Dean.

Webster was relinquishing command of Charlie Company to move on to new challenges in his career while Dean was embracing the new command and opportunity to serve the men and women of the largest Medical Retention Processing Unit in the nation.

The ceremony took place behind the Charlie Company building with Lt. Col. Cynthia Palinski, commander, Mobilization Readiness Battalion (MRB), presiding. Also in the official party were 1st Sgt. John Humphries, and Chaplain (Col.) Ira Kronenberg.

A formation of Charlie Company Soldiers, under the command of Charlie Company deputy-commander, Maj. Joyce Toriano, stood at attention during the ceremony signifying their support of both the incoming and outgoing commanders.

Kronenberg delivered the

invocation and the ceremony began.

Palinski praised Webster for his outstanding relationship building skills and his great compassion for the troops under his command. She noted the outstanding education and morale, welfare and recreation programs that were established in-house to meet the needs of the Soldiers.

Palinski also mentioned the leadership abilities of Dean and how she believed he would be the perfect fit for the commander of Charlie Company.

Dean's prior assignments include stints in Panama, Germany, Kuwait, and Iraq. A transportation man by trade he has completed missions including warehouse management, truck movement control battalion, air terminal operations, and port operations.

Upon completion of the Reserve Officer Training Corps at the University of Pennsylvania on May 15, 1991, Dean entered the Army Reserve and attended Quartermaster Officer Basic Course and was assigned to the 77th Regional Readiness Command.

In his civilian life Dean is a district manager for Automatic

Data Processing. He resides in Little Egg Harbor with his wife Lauren, daughter Madison and son Noah.

Dean thanked the Soldiers of Charlie Company for their support and promised to do his very best to make their visit at Fort Dix as comfortable as possible and help them get back to their families or home as quickly as possible.

Webster has left his mark all over the installation as he began his tour as the Range Control Operations Officer then moved over to Bravo Company to handle the demobilizing process for Soldiers returning from the overseas theater. Having proved himself a very capable leader he was selected to fill the role of commander for Charlie Company when the previous commander rotated out.

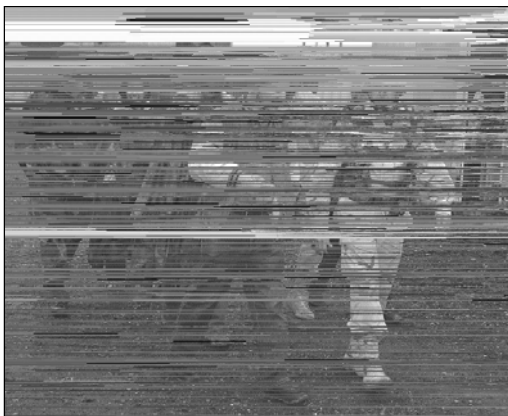
Webster leaves Fort Dix for the sandy environment of the Middle East. He will represent the installation on the Improvised Explosive Device (IED) Task Force in Iraq.

In his civilian life Webster is a Senior Human Resource Manager with Alcoa Aluminum in Pennsylvania. His family resides near Philadelphia.



PASSING THE GUIDON--

The official party salutes the colors, above, during the Charlie Company change-of-command ceremony held at the Medical Hold-over company's facility July 6. Pictured left to right are 1st Sgt. John Humphries, Maj. Peter Webster, outgoing commander, Maj. David Dean, incoming commander, Lt. Col. Cynthia Palinski, commander, Mobilization and Readiness Battalion, and Chaplain (Col.) Ira Kronenberg, installation chaplain. Right, Major David Dean assumes command of Charlie Company as he receives the guidon from Lt. Col. Cynthia Palinski, MRB commander, during the change-of-command ceremony July 6.



A CLOSER LOOK -- Maj. Peter Webster, Charlie Co. commander, leads civilian employers through a training site on Employer Appreciation Day last October.

Webster tackles new challenge

Wayne Cook
Public Affairs Staff

When a Soldier leaves one location to serve in another, he or she hopes to leave a positive and lasting legacy behind. Maj. Peter Webster has done just that and his legacy is one of caring for his Soldiers.

Webster arrived on the installation in 2003. He was assigned duties as the Range Control Operations officer. He established relationships with military and civilians alike and quickly proved he was ready for a task at the next level.

As a captain he was given command of Bravo Company, the demobilization company. His responsibilities included receiving Soldiers from overseas and helping them process for reintegration into civilian life. This included organizing welcome home ceremonies for the Soldiers and their family members, scheduling barracks for their processing period, scheduling appointments for debriefings and out-processing, among many other tasks.

While the commander of Bravo Company, Webster developed strong relationships with the medical staff at the then, Soldiers' Readiness Processing Site, now the Joint Readiness Center Medical Support Activity.

He helped unit commanders identify Soldiers to transfer into Charlie Company, the Medical Hold-over company, to undergo rehabilitation and other medical procedures before they could be released.

Webster was then tapped for command of Charlie Company, the largest Medical Retention Processing Unit in the nation.

"Major Webster's greatest attribute is his compassion for his job and his Soldiers. If you don't care, you can't get the job done," said Lt. Col. Cynthia Palinski, commander, Mobilization Readiness Battalion.

According to Palinski one of the reasons Webster was moved from Bravo Company to Charlie Company was his ability to get things accomplished coupled with his compassion in taking care of the wounded Soldiers.

From Range Control Operations to Charlie Company Commander, Maj. Peter Webster has served the Soldiers at Fort Dix.

"While Maj. Webster commanded Charlie Company he established outstanding education and morale, welfare, and recreation programs in-house which included job fairs to help those Soldiers who did not have a job to return to and entertainment to distract and relax their minds," said Palinski.

Webster was selected by the post senior leadership to represent Fort Dix on the Improvised Explosive Device (IED) Task Force in Iraq, where he will resume his duties as a military policeman and help develop strategies to defeat the use of IEDs.

Nobody knew better the contributions and leadership provided by Webster than his first sergeant.

"He cared about the Soldiers very deeply. He always put the Soldiers first. He took a lot of his own personal time to take care of the Soldiers needs," said 1st Sgt. John Humphries.

"When Maj. Webster became the commander of Charlie Company things got tremendously better. He got personally involved with the Soldiers to make sure they got the treatment and care they deserved. He always had time for the Soldiers," he said.

"He was very heavily into the Post Traumatic Stress Syndrome Program and made sure that his entire staff was trained," he added.

"Maj. Webster was a stickler for details. He required his staff to know their jobs and when tasked to bring him complete solutions. He required that you go the extra mile for the Soldiers of Charlie Company. I will miss his mentorship. The fact that we were true battle buddies. We continually stayed in communication with each other. He had a strong belief that non-commissioned officers run the Army," Humphries said.

For Webster, the move brings mixed feelings. He is excited to be moving on to another challenge but at the same time he will miss the opportunities to serve the wounded Soldiers who he was blessed with the opportunity to care for and command.

"This is a bittersweet time for me. It is the end of a successful command for me that I attribute to my staff, NCOs, and the men and women of Charlie Company," said Webster.

MILITARY MATTERS



Sgt. 1st Class Hubert Townsend
Small Arms Readiness Group

A recently returned NCO told me that the Army needs Soldiers who can shoot with better precision. We got into a marksmanship discussion and I told him that with today's training doctrine his desired precision just wasn't going to happen, and here's why: After Vietnam, the Army got rid of the Known Distance (KD) ranges in favor of our present pop-up qualification, shooting 20-inch by 40-inch human silhouette targets out to 300 meters. The psychological reasons are well-documented in Lt Col Grossman's book "On Killing."

Unfortunately, the demise of the KD ranges is disastrous for precision combat shooting. The zero that Soldiers get on the 25-meter range is called a "zero" by shooters, because it is a ball park zero. One can't know exactly where the center of one's group is unless shooting at a KD target where the Soldier can see exactly how far from center he is actually putting bullets; left, right, up, down at the various distances.

Shooting at pop-ups is like golf putting in the dark. You only know if you hit it or not, and have no idea where the round went if there was a hit, and could very well be consistently hitting to one side, in need of moving the windage knob. The Soldier also doesn't know if he or she is hitting high or low at the various distances, either. This has a huge impact on precision shooting due to the trajectory of the bullet.

As soon as the round leaves the barrel, gravity starts its inevitable pull downward. For the .38 seconds it takes for the 5.56-millimeter bullet to go 300 yards, this is a 24-inch drop. To compensate for this, the sighting system slightly elevates the barrel to shoot the bullet in an arc. This is similar to throwing a baseball from right field to the catcher's mitt.

But we zero the rifle to hit point-of-aim, point-of-impact at one distance. That means that at other distances the impact will be above or below where the front sight was placed on the target. And how can the Soldier know how much this is and quickly compensate by holding off the necessary amount? Sure can't do it from pop-up feedback.

This is the great value of training on a KD range. The Soldier can immediately see where the shot group is striking and know exactly where he needs to hold his front sights at different distances. A knowledgeable shooter/instructor can also detect fundamental marksmanship errors by correctly analyzing the shot group pattern.

To be the best marksman that a Soldier can be requires that the shooter have complete faith and confidence in his weapon. This is partly gained by knowing from direct experience exactly where it is hitting at all distances. And that is the great value in training on old, old range #15, the KD range. There are still a few of the target mechanisms that work quite well and they never need electricity, compressed air or rebooting to function reliably.

Editor's note: Townsend holds the Distinguished Rifle and Pistol Badge, shoots with the United States Army Reserve international combat team and is a National Rifle Association certified instructor. He welcomes all comments at Hubert.townsend@us.army.mil

Attention All Military Personnel The USO is Here to Help YOU!

Do You Need Something? The USO of Pennsylvania and Southern New Jersey might have it! We have many items, which have been donated for our military members. All you have to do is ask!

e-mail or call Kathy Hardy at

khardy@libertyuso.org / 1(267) 259-7523

Basic trainees carry legacy of Vietnam War veterans

Bridgett Siter
Army News Service

FORT BENNING, Ga., July 12, 2006 — Pvt. Jay Grassel believes he has a lot in common with Pfc. James Murphy. Both Pittsburgh natives joined the Army at 19, fresh out of high school. Both were assigned to 1st Battalion, 50th Infantry Regiment.

When the going gets tough, Grassel looks to Murphy for inspiration.

But Murphy doesn't know it. He was killed by small-arms fire 44 days after arriving in Vietnam nearly 40 years ago.

"He knew he was going to war when he enlisted. I enlisted knowing I'll go to war," said Grassel, who's training with the 1st Battalion, 50th Infantry Regiment's C Company on Sand Hill. "I've had some hard times here, when I want to go home. That's when he gives me strength."

Grassel carries in his breast pocket an index card, tucked inside a zip-lock plastic bag, with Murphy's name on it. The Legacy Card bears Murphy's birth date, hometown, date of enlistment, where and with what unit he served, the date and cause of his death, and where his name can be found on the Vietnam Wall memorial in Washington D.C. Grassel knows every word by heart.

All 200 of his C-Company comrades and the cadre carry



Bridgett Siter

LINK TO THE PAST — Pvt. Jay Grassel, a basic trainee at Fort Benning, Ga., carries a Legacy Card bearing the name, rank, birth date, hometown, and dates of enlistment and death of Pfc. James Murphy, who was killed in Vietnam. The Legacy Cards provide a link between today's recruits and veterans past.

similar cards, each inscribed with the name of a Soldier from the 1st Bn., 50th Inf. Regt., killed in combat in Vietnam. They were given the cards after the third week of basic training, after the "total control phase," when the drill sergeants began teaching them the Army Values.

The Soldiers will carry the Legacy Cards, which reinforce the value of honor, until they're given their crossed rifle pins in a ceremony on Honor Hill in their 13th week of basic training, just

as the Civil War. I tell them wars are fought not by guys my age, but kids their age, just like them. That makes it real to them," Robinson said. "They need to know the history of the unit and carry on that legacy."

The regiment's history is long and storied, dating back to World War I. After Vietnam, it was deactivated until 1987, when it was reflagged for the Infantry Training Brigade.

"Basic trainees want to call it quits a lot of time," Robinson said. "When they get to that point, I want them to pull that card out and say, 'I'm doing it for him.'"

Since the company began distributing the cards three cycles ago, the attrition rate has declined drastically, Robinson said, though he wouldn't commit to hard figures. But he knows the cards are making an impact on the unit and the individual Soldiers.

At the end of each cycle, Robinson sorts through the cards to see which ones are worn and need replacing. Occasionally, he said, he'll find one that's been improvised.

"They're supposed to keep it on them at all times and never lose it. But I've seen where they'll write it verbatim on a part of an MRE box because the first one got lost or damaged," he said. "That tells me they've taken it to heart."

(Editor's note: Bridgett Siter writes for The Bayonet at Fort Benning, Ga.)

Fort Dix pays tribute to deploying troops



photos by Carolee Nisbet

Lt. Col. Cynthia Palinski, Mobilization Readiness Battalion (MRB) commander, facing camera at left, and Capt. Robert Hood Jr., MRB, right, hang a Yellow Banner for the 356th Broadcast Public Affairs Detachment. Assisting Palinski and Hood are, from left, Sgt. 1st Class Ayres and Maj. Gary Sheftick, 356th commander.

Read The Post!



IN CASE OF EMERGENCY — Pfc. Evin Ramiah, 3rd-112th Field Artillery, updates emergency notification data with Spc. Kimberly Hankins of the New Jersey National Guard Joint Forces Headquarters. The headquarters unit supported range operations, as well as a Soldiers Readiness Processing Center that handled more than 500 Soldiers July 8-9. Cpl. Luis Negron, B Company, 1st-114th Infantry, below right, prepares to receive one of several inoculations from Karla Reeves of Feds. Heal, a contracted firm by the New Jersey National Guard that provides integrated medical readiness solutions.



CLEARING THE RANGE — Soldiers of the New Jersey Army National Guard's 50th Brigade send rounds down range with range training and Soldier Readiness Processing support from the Joint Forces Headquarters.

Jersey Guard fires up for multiple missions

(continued from page 1)
The 1/114th Infantry (HHC) and the 1/114th Infantry are preparing for Annual Training at Fort Indiantown Gap, Pa. while Soldiers from the 102nd Cavalry and the 3/112th Field Artillery are getting ready for an upcoming three-week deployment to New Mexico as part of Operation Jump Start.

In the operation, they will augment the U.S. Border Patrol in an effort to help curb illegal immigration.

"You not only represent your unit; you represent the entire New Jersey Army National Guard," said Col. Frank Canuso, 50th Brigade commander, to those Soldiers heading for the nation's southwest border.

Operation Jump Start is deploying nearly 2,500 National Guard troops to the U.S.-Mexico border now, with the grand total of troops expected to reach 6,000 when the operation comes to an end in the summer of 2008. By that time, the U.S. Border

Patrol hopes to have doubled its size to 18,000 agents.

The Soldiers' role in the operation is to gather intelligence and pass on the information to Border Patrol agents who will carry out the necessary law-enforcement duties.

"We will be expanding (the Border Patrol agents') eyes and ears with entry-identification teams," explained Lt. Gen. H. Steven Blum, National Guard Bureau chief, in a June 6 news article.

As was the case in the aftermath of Hurricane Katrina, the New Jersey Army National Guard was asked to support a national mission and has risen to the occasion, thanks to the Soldiers of the JFHQ and the JT2DC.

"We're trying to get our troops ready for this unique mission," said Command Sgt. Maj. Tim Maskery, JT2DC command sergeant major. "It's a worthwhile cause."

photos by Sgt. 1st Class
David Moore



NEIGHBORHOOD

THE CORNER

BOSS program sponsors free Virginia Beach trip

The Better Opportunities for Single Service members (BOSS) program is sponsoring a free trip to Virginia Beach and Busch Gardens July 21-23. The bus will leave from Fort Dix at 6 p.m. July 21 and return on July 23.

The BOSS program at Fort Story will host a beach blast event on the day of arrival, and a dance party that evening. Participants will be shuttled to Busch Gardens July 22 and granted free admission to the park.

There are only 50 seats available, so reserve yours now. Points of contact are Laura.eulalee.johnson@us.army.mil, troyston2@na.amedd.army.mil, mary.parris@mcguire.af.mil, kevin.thompson@dix.army.mil, and david.beidelman02@mcguire.af.mil.

Reintegration groups offer kids chance to cope

Have school-age children? Is your partner facing deployment, or reintegration?

Soldier & Family Life Consultants in conjunction with Army Community Support are offering groups for children with deployment concerns. The groups will have fun activities and provide the setting for talking about family changes during this time.

The groups will be starting in July for five weeks. The time and date have not been determined. To register your child for the group or for more information, please call Barbara Angstadt or Midge Cannin-Schuck, Soldier & Family Life Consultants, at 562-6715, 649-4066 or 649-2522.

Doyle Cemetery in need of volunteers

Doyle Cemetery is enlisting the support of community volunteers, Scouting groups, veteran service organizations, youth groups and other interested individuals for outreach and education.

Interested parties should call retired Marine Corps 1st Sgt. Iven C. Dumas, assistant superintendent, at 758-7250, extension 17, or send e-mail to Iven.Dumas@njdmava.state.nj.us

Yard of the Month competition ongoing

Yard of the Month Selections have begun. It's summer time and that means barbecues with family and friends, playing outside, and YARD WORK.

It's a golden opportunity to get out there and get some dirt under your fingernails, and show some real pride in your home. Simple things like winding up the hose, storing the kids' toys, or finishing the plantings you started go a long way in setting your home apart from your neighbors.

There are many other things that you can do to put yourself in the running for yard of the month.

●EDGING - A nice, crisp edge between the lawn and places like curbs and sidewalks looks really sharp.

●PRUNING - Taking care of wild shrubs, plants, and trees.

●FERTILIZE - Lawn fertilizer can be applied at any time, and if you buy a generic brand, it is very reasonable.

●GARDEN LIME - Putting down garden lime, will kill many of the weeds in your yard, and make your grass healthy.

●MULCH - Mulching flower beds. Mulch is a great way to keep weeds out of flower beds and reduces the amount of water your flowers need.

Inspections for Yard of the Month will be performed on monthly. We are looking for the yard that says, "I am proud of my home, and set an excellent example in the Fort Dix Community."

Yard of the month winners and the first runners up will receive recognition from the installation commander and will also receive a gift from Fort Dix MWR.

Read The Post

Cardboard recycling not optional

Melissa Bird
Public Affairs Staff

Fort Dix Environmental Division is looking toward the employees and residents of the post to assist in the recycling of cardboard.

Why recycle, you may ask? It's the law!

Located around post are 14 different brown cardboard trailers. These trailers are in convenient places allowing tenants, employees, and families in quarters to easily access them. While it is easier to just throw all trash together in the regular trash dumpsters and forget about it, this causes the post additional money.

Waste Management is contracted by Fort Dix for collecting trash and transporting it to the Burlington County Landfill. While the landfill has been able to look past the occasional mixing of cardboard and solid trash, it will not do so anymore.

"Burlington County Landfill will reject any loads with any abundance of cardboard," said Loren McMirre, Fort Dix Hazardous Waste and Recycling program manager. This will cause undue hardship on Waste Management, which will then be forced to charge Fort Dix additional money to bring the load back.

"If the load gets rejected, it then costs twice as much for one load," said McMirre. The dumpster will then have to be sifted through, separating the cardboard from the solid trash. "Then you have to pay a person to go through and sort out the dumpster," added McMirre. The load will then have to be sent back to the landfill for a second time for final dumping.

Under current regulations Fort Dix is required to recycle 40 percent of its recyclable waste. In 2005, it was calculated that the post was above this mark at 44 percent of recyclables. While this number is above the required percentage by the state of New Jersey, the non-recycling of cardboard will cast a heavy burden on the financial status of the waste contract.



Steve Snyder

BOXED IN -- Michele Godwin, cook supervisor in the dining facility at Bldg. 5640 on Texas Avenue, places folded cardboard boxes inside a cardboard trailer used specifically for recycling cardboard, one of 14 such trailers conveniently located across Fort Dix.

McMirre realizes that in certain situations people will not have the capacity to transport large amounts of cardboard. Special arrangements can be made by contacting McMirre or his environmental technician, Kent Brown, and they will send someone out to collect it. In June, the collection agency hauled just over 41 pounds of cardboard from the post.

Despite the fact that Fort Dix is only a small portion of what gets recycled, each person and agency is a piece that forms a large unity that can effect the world and future generations.

The average American generates just over four pounds of solid trash a day equaling 56 tons a year per person, equaling approximately 200-million tons a year.

Unfortunately, less than half that amount is recycled. Americans represent less than 5 percent of the world's population, but generate 40 percent of its total solid waste.

The recycling and composting prevented approximately 64-million tons of waste from reaching landfills or incinerators. The recycling of just one ton of cardboard can save more than nine cubic yards of landfill space.

Please think the next time a piece of paper, cardboard, or toner cartridges need disposing of, and recycle it instead of throwing it in the trash can.

Cardboard Trailer Locations

- Fort Dix Shoppette - Building 5359
- Troop Issue - Building 3136
- Dining Facility on Rhode Island - Building 5640
- Paperclips - Building 3130
- Storage Facility - Building 5326
- Yard - Building 8131
- Dining Facility on Doughboy Loop - Building 5985
- Motor Pool on Alabama - Building 6735
- DOL MX on Texas Avenue - Building 4430
- Club Dix - Building 5455
- Yard - Building 8131
- Walton (Back of Building Loading Area) Maryland and Walton Street - Building 5250
- Clothing and Sales on Rhode Island - Building 5601

Post gains new chaplain

Wayne Cook
Public Affairs Staff

Some people may recognize the name of the town Bakersfield, Ca., because of a couple of famous country stars, Dwight Yoakam and Buck Owens. But another of the town's sons has come to Fort Dix and will soon be a familiar figure to all Soldiers who process through the post as they mobilize. He is Chap. (Col.) David Forden and he has recently joined the staff at the Main Chapel.

Forden arrived on post on June 30 and brought with him 25 years of experience as a licensed marriage and family therapist. That experience, along with six years in other ministerial positions, means that the Main Chapel has just gained a huge asset.

The chaplain was ordained in 1973 as an associate pastor of the American Baptist faith in Omaha, Neb., and for the next eight years he would serve his community in different ministerial roles. In 1981 he made a life-changing decision that would broaden his sphere of influence and take him to places he had not imagined he would ever travel to.

Following the lead of his older brother, who is now a retired Army chaplain, Forden joined the Army Reserve and was selected for the Chaplaincy Corps in 1981.

He has served as the former command chaplain of the 311th Corps Support Command (COSCOM) in Los Angeles, Ca. Other previous assignments include 425th Civil Affairs Company, Santa Barbara, Ca., 349th General Hospital, Los Angeles, and the 2nd Brigade, 91st Division (Training), Norco, Ca.

Forden's most recent assignment had him assigned to Task Force Care for six months at Fort Polk, La.



Wayne Cook

Chap. (Col.) David Forden

Task Force Care was stood up to support the 256th Brigade Combat Team, Louisiana National Guard, upon their return from Iraq. It just so happens that the unit's return coincided with Hurricanes Katrina and Rita making landfall in Louisiana and Texas.

Forden ended up double tasked because the chapel was quickly engulfed in hurricane relief efforts as well as the reintegration process of the Soldiers returning from overseas.

As part of his duties in Louisiana, Forden assisted in providing Critical Incident Stress debriefings for the 159th Fighter Wing of the Louisiana Air National Guard, which provided security for the Superdome in New Orleans.

While assigned to the Main Chapel, Forden will be working with Soldiers processing through the Joint Readiness Center and helping them to make a smooth transition back to civilian life.

"One would think it would be an easy thing to simply come home and be with the ones you love. But depending on the assignment and the amount of

trauma that a Soldier has been exposed to, that transition may come easier for some than others," said Forden.

"It is my hope and prayer to assist these men and women who have served their country so selflessly to experience that transition in a healthy manner," he added.

With each unit that comes through Fort Dix, we hope to learn from them on how we might make it easier for the next group. I am looking forward to the next year with the expectation that I will be able to continue the positive efforts of the Chaplain Corps that I have seen since I have been here. What's needed in any chaplaincy is a servant's heart. That is what I'm seeing coming into this environment. The chaplains here really care. It's really great," he said.

In his civilian life, Forden is the director of Bakersfield Christian Counseling in Bakersfield.

He is married to his bride of 26 years, Ann, and they have two children, Cambria and Graham, one in college and the other recently graduated from college.

Safety key when cooling off in backyard pools

The Directorate of Public Safety, in conjunction with the Fort Dix Housing Office, reminds all installation residents to cool off with caution this summer when using back yard swimming pools.

Housing regulations lay out in detail the safeguards that must be in place before the splashing begins for the post's kids.

- Pools must be wading pools only, with water no deeper than 12 inches.

- Adult supervision is required whenever a pool is in use. While a foot of water doesn't seem to pose a great hazard for kids, communities nationwide see tragic and needless drownings every summer as a result of unsupervised pool use by young children.

- All backyard pools must be emptied when not in use. Covering the pool is not sufficient to meet this standard. This requirement is in place not only to prevent accidental drownings. Eliminating standing water is a major factor in reducing breeding grounds for mosquitoes that may carry West Nile Virus.

Additional copies of the housing regulations may be picked up at the Housing Office, Bldg. 5212.

Here are some additional pool-safety tips:

●Instruct babysitters about potential hazards to young children in and around swimming pools and the need for constant supervision.

●Keep all doors and windows leading to the pool area secure to prevent small children from getting to the pool. Effective barriers and locks are necessary preventive measures, but there is no substitute for supervision.

●Do not consider young children "drown proof" because they have had swimming lessons; young children should always be watched carefully while swimming.

●Do not use flotation devices as a substitute for supervision.

●Never use a pool with its pool cover partially in place, since children may become entrapped under it. Remove the cover completely.

●Place tables and chairs well away from the pool fence to prevent children from climbing into the pool area.

●Keep toys away from the pool area because a young child playing with the toys could accidentally fall in the water.

●Have a telephone at poolside to avoid having to leave children unattended in or near the pool to answer a telephone elsewhere. Keep emergency numbers at the poolside telephone.

●Learn CPR (cardiopulmonary resuscitation).

●Keep rescue equipment by the pool.

●Remember - never leave a child unsupervised near a pool!

Cadets seek skills



(continued from page 1)
A couple of the cadets got to try on a uniform from that time. Everyone got to try a taste of Hard Tack, which was issued to Soldiers back then.

The group will graduate today on Doughboy Field.

The JROTC mission, both in and out of the classroom: To motivate young people to be better citizens.

The United States Army Junior Reserve Officers' Training Corps (JROTC) came into being with the passage of the National Defense Act of 1916. Under the provisions of the Act, high schools were authorized the loan of federal military equipment and the assignment of active duty military personnel as instructors.

In 1964, the Vitalization Act opened JROTC up to the other services and replaced most of the active duty instructors with retirees who worked for and were cost shared by the schools.

The JROTC Program has changed greatly over the years. Once looked upon primarily as a source of enlisted recruits and officer candidates, it became a citizenship program devoted to the moral, physical and educational uplift of American youth.

Although the program retained its military structure and the resultant ability to infuse in its student cadets a sense of discipline and order, it shed most of its early military content.

The study of ethics, citizenship, communications, leadership, life skills and other subjects designed to prepare young men and women to take their place in adult society, evolved as the core of the program. More recently, an improved student centered curriculum focusing on character building and civic responsibility is being presented in every JROTC classroom.

JROTC is a continuing success story. From a modest beginning of 6 units in 1916,



TEAMWORK -- Cadet Thomas Hasner lowers 'top secret electronics' across a make-shift bridge to Cadets Sean Brandon and Jonathan Vasquez.

JROTC has expanded to 1555 schools today and to every state in the nation and American schools overseas. Cadet enrollment has grown to 273,000 cadets with 3,900 professional

instructors in the classrooms. Comprised solely of active duty Army retirees, the JROTC instructors serve as mentors developing the outstanding young citizens of our country.



photos by Ed Mingin

HEAVY LOAD -- Cadets Melissa Leon and Immanuel Baum work together to carry their payload over an obstacle, above. Cadet Justin Sullivan makes quick progress through the overhead bars, bottom left. Cadets James Steinberg and Andre McNair build a bridge during the leadership course while the rest of their team keeps an eye on their progress, bottom right photo. Maj. Bob Snyder, JROTC, hands out samples of Hard Tack, a staple of Civil War-era rations, to cadets, top left photo.





Relationship Safety

Everyone has the right to feel safe in his or her relationships.
Are you or do you know anyone in an abusive relationship?

Look for these signs:

- threats or intimidation
- isolation from family and friends
- denying access to money
- sexual abuse
- involving or using children in adult conflicts
- destroying personal possessions
- feeling fearful
- painful put-downs
- use of weapons

Important phone numbers:

Providence House hotline
871-7551
NJ Domestic Violence hotline
800 572-SAFE
Fort Dix Victim Advocate
562-2767
McGuire Victim Advocate
754-9672

For emergency assistance call 911



Army Community Service (ACS)*

562-2767

Bldg. 5201, on the corner of 8th Street and Maryland Avenue

Hours of Operation:

Monday through Friday, 7:45 a.m. to 4:30 p.m.

Looking for information and assistance? ACS is here to serve you.
ACS serves all military branches of service, DoD civilian personnel and retirees.
The ACS Center is accessible to individuals with disabilities.

*A Department of the Army Accredited Soldier
and Family Service Organization

WDIX
Channel 2

24/7 information

WWW.DIX.ARMY.MIL

New and improved
to better serve
YOU

Honoring the Colors

Reveille 6 a.m. (0600 hours)

**Military personnel
in uniform**

Stand at attention,
face the flag and
salute at first note.

**Military personnel
not in uniform,
civilians**

Stand at attention,
face the flag and
place right hand over
heart at first note.

**Military personnel
in formation or
in a group**

Senior Soldier calls
group to "Attention,"
then "Present, Arms"
at first note. Calls
"Order, Arms" at
conclusion.

**Individual military
personnel, civilians
in a vehicle**

Stop vehicle and exit.
Follow steps above.

**Group of military
personnel in a vehicle**

Stop vehicle. Individual
in charge exits and follows
steps above.

Retreat 5 p.m. (1700 hours)

Stand at attention,
face the flag for
Retreat, then
salute at first note
of *To the Colors*.

Stand at attention,
face the flag for
Retreat, then place
right hand over heart
at first note of
To the Colors.

Senior Soldier calls
group to "Attention,"
then "Parade, Rest"
at first note of
Retreat. Calls
group to "Attention"
and "Present, Arms"
at first note of *To the
Colors*, then "Order,
Arms" at conclusion.

Stop vehicle and exit.
Follow steps above.

Stop vehicle. Individual
in charge exits and
follows steps above.

Other bugle calls heard on post are:

Tattoo.....9 p.m. (2100 hours)
Call to Quarters.....9:30 p.m. (2130 hours)
Taps.....10 p.m. (2200 hours)

Yard of Month winners awarded for July



Command Sgt. Maj. Albert Davidson, installation command sergeant major, above right, congratulates July Yard-of-the-Month winner Nancy Kilgallon who, along with husband Tech Sgt. Anthony Kilgallon Jr. and daughter McKenzie, took second place in the 1600 Area of Garden Terrace.



Maj. Brian L. Gilpatrick and wife Katarzyna, above, took first place in Holly Crest.

photos by
Steve Snyder



Maj. Scott Fitzgerald, wife Dina and son Zack, above, took first place in Grove Park, while Staff Sgt. Lee Bailey, wife Helene and daughter Ariel, below right, took first place in the 1500 Area of Garden Terrace.



Sgt. 1st Class Rodney Quinn, above right, along with wife Kelli, sons Rodney and Joshua, and daughter Carley, took second place in the 1200 Area of Garden Terrace.



Sgt. 1st Class Steven Katkies Jr. and wife Pamela, above, took first place in the 1200 Area of Garden Terrace.



Emily McGuinness and son James, above, along with husband Col. Matthew McGuinness and daughter Anna, took first place in Scott Plaza, while Tech Sgt. Norman Williams, wife Angela, sons Mason and Sawyer, and daughter Ivy, right, took second place in the 1500 Area of Garden Terrace.



Sgt. 1st Class James Bristow, wife Cherie and daughter Devon, above, took first place in the 1600 Area in Garden Terrace, while Deborah Dougherty and daughter Meghann, right, along with husband Cmdr. Thomas Dougherty, son Thomas, and stepsons Wesley and David Christenson, took second place in Scott Plaza.



Sgt. Felipe Hernandez Jr., above right, along with wife Johanna and sons Felipe and Nathan, took first place in the 1100 Area of Garden Terrace.



Chaplains' Corner

Chap. (Lt. Col.) Lee Hardgrove
deputy installation chaplain

I am not sure if the title of this article is grammatically correct or if it should be "Waiting For God." In either case, I am trying to make a point about patience when we ask God for something or we call on God to assist with a problem or situation.

I was attending a meeting once and one of the persons was talking about answers to prayer and said he felt God has three answers to prayer. He said they were, "No, Yes, and Not Yet." Two of these are quite clear-cut. We may not like the "No" answer but at least we know where we stand. The one that I, and I think many of us have a problem with, is the "Not Yet" answer. We need then to wait on, or for, God until he is ready to give us the guidance and wisdom we need to accept the answer that eventually comes.

I was recently dealing with a problem that I wanted to be solved in my time and my way. I prayed fervently about it, but God did not see fit to give the answer in my time. When the answer did come, it was not exactly what I had expected, but in the long run it will work out. Imagine

that, God knew what he was doing better than me.

Prayer is the vehicle most religions use to communicate with God, but patience and discernment are the tools most of us need, to hear what God wants us to do or to think. These two tools take time to develop, at least in my opinion. I have struggled with patience for years and discernment takes the ability to sit and be still and meditate and listen for the word to come to us. Discernment takes patience, so one must accompany the other if we are to respond to God.

Many of us struggle with waiting and we live in an instantaneous society where most answers come rapidly and computers break things down into nano-seconds (what ever they are). With God, it is different. We must operate on His time and in His wisdom and discernment. The rewards for patience and discernment and waiting are great, as the scripture says:

*But those who wait upon the Lord
will renew their strength,
They shall mount up with wings like eagles,
They shall run and not be weary; they
shall walk and not faint.
(Isaiah 40:31)*

**FORT DIX
WANTS YOU**

**TO BE A
MAYOR!**

MAKE A DIFFERENCE

Fort Dix is looking for interested residents who would like to volunteer for the Fort Dix Mayors Program

The neighborhood Mayor is a volunteer who talks to the Command, to DPHW, and the DOD Police to insure and improve the Quality of Life for all residents

Call Army Community Service at 562-2767

Announcements



**Movie
Schedule**
at the McGuire AFB Theatre
Movie Hotline 754-5139

Friday, July 14 @ 7:30 p.m.

The Break-Up - Cast: Vince Vaughn, Jennifer Aniston - Pushed to the breaking-up point after their latest "why can't you do this one little thing for me?" argument, art dealer Brooke calls it quits with her boyfriend, Gary, who hosts bus tours of Chicago. What follows is a series of remedies, war tactics, overtures and underminings suggested by the former couple's friends, confidantes and the occasional total stranger.
MPAA Rating: PG-13
Run Time: 1 hour 50 minutes

Saturday, July 15 @ 7:30 p.m.

The Omen - Cast: Liv Ullmann, Julia Stiles - The prophecy is clear, the signs unmistakable: Armageddon is upon us. On 6/6/06, 'The Omen' is revealed...and our darkest fears are realized. 'The Omen,' a contemporary thriller based on the 1976 classic film, centers around a young boy named Damien, the son of an American diplomat and his wife. Damien's family is unaware he is destined to become the Anti-Christ - until shattering events reveal the terrifying truth.
MPAA Rating: R
Run Time: 1 hour 45 minutes

Future Features...

The Fast and the Furious: Tokyo Drift
Friday, July 21 @ 7:30 p.m.
PG-13, 90 min.

Cars
Saturday, July 22 @ 7:30 p.m.
G, 116 min.

Main Chapel

562-5791/562-2020
Sunday services

Protestant at 9 a.m.
Catholic Mass at 10:15 a.m. **Gospel** at 11:30 a.m.
Catholic CCD is held at 9:15 a.m.
Protestant-Gospel Sunday School at 10:15 a.m.

Religious Services

Islamic Prayer Services
held at noon, Monday through Thursday - Room 24
Adult Bible Study
Wednesdays at 7 p.m.
Catholic Adult Bible Study - Sundays at 11:30 a.m.
Christian Women of the Chapel
hold a **Bible Study** - Tuesdays, 9:30 a.m. to noon

Jewish Services
Shabbat held every first and third Friday evening
at 6 p.m. followed by KIDDUSH Fellowship

Chapel 5 (Bldg. 5950)
562-4847

Memorial Prayer Service for Our Soldiers
5:45 p.m. each Sunday
Computer Room, Mon. - Fri.
9 a.m. - noon / 2-4 p.m. and 5-8 p.m.
Infant Baptism and Lutheran Confirmation
instruction by appointment

Youth Center

Bldg. 1279 Locust Street
562-5061

Hours of Operation:
Tuesday - Friday 2 to 7 p.m.
Saturday 1 to 7 p.m.
Sunday & Monday CLOSED

Administrative Hours:
Tuesday - Friday noon to 6 p.m.

July Schedule

July 15
Teen Center Kickball
7:30 - 8 p.m.

July 18
Scouters
4 - 5 p.m.

July 19
DDR Competition
4 - 5 p.m.

July 20
Monopoly
4 - 5 p.m.

July 21
Teen Trip - Funplex
7 - 11 p.m.

July 22
Ice Cream Social
4:45 - 5 p.m.

July 22
NBA Tournament - Teen Center
8 - 9 p.m.

Note: The Teen Center is open Fridays and Saturdays from 7 to 11 p.m. except during the Youth Center's Midnight Basketball nights.

Organizations

First Aid & CPR instructors needed

The McGuire/Fort Dix station of the American Red Cross is looking for volunteers to be first aid and CPR instructors. Call 562-2258.

Playgroups for age 4 and under

Are you interested in forming a free playgroup for children 4 years and under? We have the ideal place to hold weekly meetings in our child care room in the Fort Dix Child and Youth Services Central Enrollment Registry building 5203 Maryland Ave. Parents need to come with their children to play with them and share experiences and ideas with other parents. This is a great time to allow your child and yourself some social interaction. If interested, please call 562-2242/4702.

Register for yard sales

Any resident in housing must register for a Yard Sale permit at the Youth Center at 1279 Locust Street. The permit cost \$5 and are free to members of Club Dix or the Fountain Green Golf Course. The permit must be posted outside your quarters, but no other signs may be placed in housing area. Call 562-5061 for the Yard Sale information.

Black History committee

The Fort Dix Black History Observation Committee is looking for volunteers to help with annual celebrations. Call Veverly Wakefield at 562-4036 for more information.

First Aid & CPR instructors needed

The McGuire/Fort Dix station of the American Red Cross is looking for volunteers to be first aid and CPR instructors. Call 562-2258.

MOBILIZATION NEW YOU CAN USE

WDIX
Commander's
Channel 2

WDIX
Commander's
Channel 2

Post Shuttle Bus

562-5888

Monday to Sunday -- 7 a.m. to 10 p.m.
During the day *Starr Tour* buses are used, in evening the military *Bluebird* buses are run.

Dix Shoppette/Class Six/

Gas Station

723-0044

Bldg. 5359, Texas Ave.
Monday to Friday - 6 a.m. to 10 p.m.
Weekends - 7 a.m. to 10 p.m.

Commissary, BX/PX & Mail

754-4154, 723-6100

Monday to Thursday - 10 a.m. to 8 p.m.
Friday and Saturday - 8:30 a.m. to 8 p.m.
Sunday - 10 a.m. to 6 p.m.

Military Clothing/Sales

Store-Alterations

723-2307

Bldg. 5601, Texas Ave.
Monday to Saturday 10 a.m. to 5:30 p.m.
Sunday - Closed.

Club Dix

723-3272

Dix Cafe
Tuesday to Friday 11 a.m. to 1 p.m.
Revolutions Lounge
Opens 4:30 p.m. Tuesday to Sunday
Karaoke every Thursday at 8 p.m.

Spouses' Club Thrift Shop

723-2683

Tuesday and Thursdays - 10 a.m. to 2 p.m.
First Wednesday of each month - 4 to 8 p.m.
First and 3rd Saturday of each month - 10 a.m. to 2 p.m.

Recreation Center

562-4956

Bldg. 5905 on Doughboy Loop.
Monday through Friday - 1 to 10 p.m.
Saturday and Sunday - noon to 11 p.m.

AT&T Cyber Zone offers computer access for a fee

TRICARE information

1 (877) 874-2773

Appointments

1 (866) 377-2778

Mills Troop Clinic

562-5707

Outdoor Recreation

562-6667

Bldg. 6045 Doughboy Loop
Equipment for rent includes skis, snowboards, canoes, flat bottom boats, canopies of various sizes, tents, tables, chairs and more.
Monday to Friday 10 a.m. - 5 p.m.
Saturday 4 p.m.

Computer Lab

562-5228

Delaware Ave. & First St.
Tuesday to Friday - 1 p.m. to 9 p.m.
Saturday - Sunday - 1 p.m. to 7 p.m.

McGuire Gas Station

723-4705

East Arnold Avenue by th 24-hour gate
Monday to Friday - 6:30 a.m. to 7 p.m.
Saturday - 9 a.m. to 7 p.m.
Sunday - 9 a.m. to 6 p.m.

Firestone

723-0464

Bldg. 4201 on Texas Ave.
Monday through Friday - 7 a.m. to 7 p.m.
Saturday - 7 a.m. to 5 p.m.

Dining Facilities

Bldgs. 5640 and 5986

Breakfast Mon - Sun 5:30 to 7:30 a.m.
Lunch Mon - Sun 11:30 a.m. to 1:15 p.m.
Dinner Mon - Sun 4:30 to 6:30 p.m.

Bldg. 5985 (FOB)

Breakfast Mon - Sun 5 to 6:30 a.m.
Dinner Mon - Sun 6 to 7:30 p.m.

McGuire Shoppette

723-4705

East Arnold Avenue by the 24-hour gate
Monday to Thursday - 6:30 a.m. to 9 p.m.
Friday - 6:30 a.m. to 7 p.m.
Saturday - 9 a.m. to 10 p.m.
Sunday - 9 a.m. to 7 p.m.

Burger King

723-8937

Bldg. 5399, Texas Ave.
Monday to Saturday 6 a.m. to 8 p.m.
Sunday 7 a.m. to 8 p.m.

Family Advocacy

562-5200

Chaplain

562-5721/2020

American Red Cross

562-2258

Army Emergency Relief

562-2767

WDIX Channel 2 24/7 information

Guard, Reserve offered new TRICARE plan

WASHINGTON, July 10, 2006 -- TRICARE Reserve Select (TRS) is the premium-based health plan available for purchase by qualified members of the Reserve Component. TRS offers comprehensive health coverage similar to TRICARE Standard and TRICARE Extra.

Purchasing TRS is a two-step process. Members must qualify with their Reserve Component before they can purchase TRS coverage. Once qualified, members may purchase Tier 1 member-only or member and family coverage.

Covered members and family members may access care from any TRICARE-authorized provider, hospital or pharmacy—TRICARE network or non-network. TRS covered members may access care from a military treatment facility on a space-available basis only. TRS members and their covered family members pay the same TRICARE cost-share and deductibles as active-duty family members.

Step 1—Qualifying for TRS
Since the exact procedures for qualifying under Step 1 may vary by Reserve Component, members should contact their unit or personnel office without delay to obtain specific qualification procedures. The Reserve Component will validate the member's qualifications for TRS.

Purchasing TRS is a two-step process. Members must qualify with their Reserve Component before they can purchase TRS coverage. Once qualified, members may purchase Tier 1 member-only or member and family coverage.

A member of the Selected Reserve may qualify to purchase TRS coverage at the Tier 1 premium rate if he/she meets the following conditions:

- Is called or ordered to active duty for a period of more than 30 days in support of a contingency operation.
- Serves continuously on active duty for 90 days or more or less than 90 days as a result of an injury, illness or disease incurred or aggravated while on active duty.
- Executes a Service Agreement no later than 90 days after release from active duty for service from the begin date of TRS coverage through the end date of coverage.

Is a member of the Selected Reserve on the start date of TRS coverage. (Members of the Individual Ready Reserve have one

year from the day they separate from active duty or from the day coverage under the Transitional Assistance Management Program (TAMP) ends to occupy a position in the Selected Reserve, or the opportunity to qualify for TRS is lost).

For qualified Tier 1 members, purchasing TRS coverage is a time-limited opportunity. Members have 90 days from the day they separate from active duty to execute a Service Agreement (DD Form 2895) with their Reserve Component. Execution of the Service Agreement, however, does not guarantee members a billet in the Selected Reserve.

Members of the Individual Ready Reserve who separated from active duty on or after Jan. 6, 2006, and who qualify for Tier 1 coverage, but are unable to locate a position in the Selected Reserve, have one year from their last day on active duty or from their last day of TAMP, whichever is later, to execute a Service Agreement with their Reserve Component to qualify and purchase Tier 1 coverage.

Step 2—Purchasing TRS
To purchase TRS coverage, members of the Selected Reserve may:

1. Login to the Guard-Reserve portal to print a personalized TRS request form (application to purchase TRS), which is available only online.
2. Complete the TRS request form according to instructions on the form.
3. Submit the completed TRS request form with the correct one-month premium payment to their TRICARE regional contractor by the applicable deadline.

The TRICARE regional contractor will not process the member's request if he/she fails to enclose the correct premium payment or if the form is incomplete or inaccurate. The regional contractor will notify members of any such errors. Any delay in processing the request form may cause members to miss their time-limited opportunity to purchase TRS coverage.

After processing of the TRS request form, members will receive a welcome letter, TRS handbook and a TRS wallet card for each family member covered under Tier 1. The wallet card contains telephone numbers and information to assist members with their health care coverage.

Tier 1 Premiums and Payment
Monthly Tier 1 premiums for calendar year 2006 are \$81 for

Soldiers may qualify for one whole year of TRS coverage for each continuous 90-day period served in support of a contingency operation. The following illustrates several examples:

| Days Served on Active Duty | Maximum Period of Coverage |
|----------------------------|----------------------------|
| 1 – 89 days | None ** |
| 90 – 179 days | 1 year |
| 180 – 269 days | 2 years |
| 270 – 359 days | 3 years |
| 360 – 449 days | 4 years |

**** Reserve Component members who are otherwise eligible, but did not serve continuously on active duty for 90 days solely because of an injury, illness, or disease incurred or aggravated while activated may be eligible for one whole year of TRS coverage.**

member-only coverage and \$253 for member and family coverage. Premiums are adjusted annually on Jan. 1 and rates will be posted on the TRICARE Web page at www.tricare.osd.mil/reserve/reserveselect.

The servicing TRICARE regional contractor will bill members for premiums by the tenth day of the month. Premium payments are due in advance to the contractor by the thirtieth day of the month for the following month.

Premiums for calendar year 2006 are \$81 for member-only coverage and \$253 for member and family coverage. Premiums are adjusted annually on Jan. 1.

Members who fail to pay premiums on time will be permanently disenrolled from Tier 1 coverage unless they are reactivated for a contingency operation and qualify once again for TRS. Members will still be required to pay any overdue amounts.

For assistance with the TRS request form, premium billing and payments, accessing health services or covered benefits, members may contact their TRICARE regional contractor. Contact information for the regional contractor can be found at www.tricare.osd.mil by clicking their region on the map.

When Tier 1 Coverage Begins

For qualified Tier 1 members, coverage begins either on the day following release from qualifying active duty, or on the day after TRICARE benefits under TAMP end, whichever is later. If applicable, TAMP covers members and eligible family members for 180 days immediately following the member's release from active duty service.

Changes to Tier 1 Coverage (Qualifying Life Events)

After Tier 1 coverage begins, members may only make a change to the type of coverage they purchased (Tier 1 member-only or Tier 1 member and family coverage) if they experience a qualifying life event. A qualifying life event may occur from a change in family composition such as marriage, birth, adoption of a child, placement by court order of a child as a legal ward in the member's home, divorce or annulment, death of a spouse or family member, or the aging out of a child. A loss of coverage from a government or non-government sponsored health plan may also count as a qualifying life event.

Another type of qualifying life event is associated with a change in employment status when Reserve Component member or family member gains or loses employment that provides health coverage, becomes reemployed after a break in employment, returns to pay status after employer-sponsored coverage terminates during a leave-without-pay status, becomes employed or reemployed after serving on active duty as a member of a Reserve Component, or changes employment status that creates a change in the employer's contribution to the health plan premiums, such as a moving from full-time to part-time status or the reserve. The effective date is the date of the qualifying life event.

TRS Coverage for Newborns

Newborns born to members under TRS member-only coverage are covered automatically for 60 days from birth. Members who desire to maintain newborn coverage beyond the initial 60 days must register the child in the Defense Enrollment Eligibility Reporting System (DEERS). They also must submit a TRS request form with the new premium payment amount for

member and family member coverage to their regional contractor. Newborns born to members already under TRS member and family coverage are covered automatically for the first 365 days after birth. To continue coverage after this first year, the member must register the child in DEERS and submit a request form to the regional contractor to renew coverage.

Other TRICARE

Benefits and TRS

Reserve Component members may be called or ordered back to active duty at any time. For members called or ordered to active duty for 30 days or less, their TRS Tier 1 coverage and premiums continue uninterrupted. If the TRS member returns to active duty for more than 30 days, the member and eligible family members will receive the same benefit as active duty service members and family members. (If the active duty period is in support of a contingency operation, they may qualify for the 90-day early TRICARE benefit as well.) Members are not required to

Covered members and family members may access care from any TRICARE-authorized provider, hospital or pharmacy—TRICARE network or non-network. TRS members and their covered family members pay the same TRICARE cost-share and deductibles as active-duty family members.

make TRS premium payments while they are covered by another TRICARE benefit. TRS coverage and Tier 1 premiums will resume either on the day following release from active duty, the day after TAMP benefits end, whichever is later, or the day after coverage by the other TRICARE benefit stops.

TRS Survivor Benefit

Tier 1 Only

Effective Jan. 6, 2006, survivors of deceased Reserve Component members, who at the time of death were covered under Tier 1, may purchase new or continue Tier 1 coverage for up to six months from the date of the member's death. After the member's Reserve Component reports the member's death to DEERS, the member's survivors will receive a letter describing the benefit and any required action they must take to purchase or continue TRS coverage. The surviving family members of a Reserve Component member who dies while serving on active duty receive the active duty family member survivor benefit.

Access to Care Overseas

TRS coverage is available outside the 50 United States. The TRICARE South regional contractor, Humana Military Healthcare Services Inc., handles TRS overseas enrollment, premium billing and collection, claims processing and customer service support for these areas. Contact information for the TRS overseas claims processor is available at www.humana-military.com.

Customer Service Support

Health Net Federal Services, www.hnfs.net/benefhome/, provides TRS customer service support for TRS members in the TRICARE North region. TriWest Healthcare Alliance, www.triwest.com, provides customer service support for members in the TRICARE West region, and Humana Military Healthcare Services Inc., www.humana-military.com, provides customer service support for members in the TRICARE South region and overseas. For more information on TRS and Tier 1 coverage, Reserve Component members may visit www.tricare.osd.mil/reserve/reserveselect.

(Editor's note: This is the first in a multi-part series on TRICARE. Check future editions of The Post for the second article in the series.)

Special Observances Committees

Martin Luther King Jr. Birthday
Black History Month
Women's History Month
Holocaust Remembrance Day
Asian Pacific Heritage Month
Women's Equality Day
Hispanic Heritage Month
Native American Heritage Month

**NCO Call at Club Dix
Wednesdays at 6 p.m.**



Carolee Nisbet

Senior golf champs

Golfers competed in the Fountain Green Senior Club Championship June 24. Armando Ruiz, right, took top honors for the over 55 competition. Alvin Baxter, left, finished in the runner-up position. Fort Dix golf pro Bill Lyons, center, presented the men with their prizes. (Bill Lyons was misidentified in the June 30 edition of the Post.)

Sports Shorts

Griffith Field House
Saturday & Sunday
9 a.m. to 5 p.m.
Monday - Friday
6 a.m. to 9 p.m.

Doughboy Gym
Newport Ave.
Monday - Friday
5 to 9 p.m.
Closed weekends

Soccer Registration

Soccer registration for the upcoming fall season will begin June 1 and run through Aug. 31, Mon. - Fri. 9 a.m. - 5 p.m.

There is a \$40 soccer fee and an annual fee of \$18, which is good for one year in any of the CYS programs.

Must show proof of sports physical for current year or have one on file.

Youth third grade and above need to register with the McGuire Youth Sports program.

Call 562-4702 or 562-5231 for more information.

Field House Fitness

Spin-It
Mon. noon - 12:45 p.m.
Mon. 6:15 - 7:00 p.m.
Tue. 5:15 p.m. - 6:00 p.m.
Wed. noon - 12:45 p.m.
Wed. 5:15 p.m. - 6:00 p.m.
Fri. noon - 12:45 p.m.

Total Toning
Mon. 5:15 p.m. - 6:15 p.m.
Mind & Body Pilates
Tue. 8:30 a.m.

Thur. 6:15 p.m. - 7 p.m.
Cardio Muscle
Tue. noon - 12:45 p.m.
Power Step
Thur. noon - 12:45 p.m.
Intro to Fitness
Thur. 5:15 p.m. - 6:15 p.m.

Call 562-4888 for more information.

Football & Cheerleading Registration

Registration for football and cheerleading will begin May 22 and run through July 28.

There is a \$70 fee for football and a \$40 fee for cheerleading.

A late fee of \$15 will be charged after July 28.

There is also a fee of \$18 which is good for one year in any CYS program.

Proof of sports physical for the current year is required.

Call 562-4072 or 562-5231.

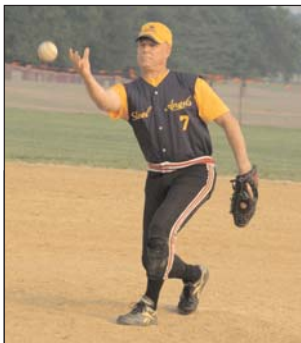
Local track offers military discount

Once again New Egypt Speedway is offering a discount off the price of an adult admission ticket to all active duty military personnel and their spouses, with proper ID.

The military discount is for Saturday night racing programs at the track located on Route 539 in Plumsted Twp.

For more info visit the track's website at www.newegypt Speedway.net.

Steel Angel leads the way



| | | | | |
|----|-------------|------|-----------------------|-------|
| 1 | STEEL ANGEL | 6-1 | FCI over Steel Angel | 14-8 |
| 2 | NRDP | 6-2 | 7233 JRC over MWR | 4-3 |
| 3 | 7233 JRC | 5-2 | 7233 JRC over FCI | 5-4 |
| 4 | TF EDISON | 5-2 | Steel Angel over NRDP | 12-8 |
| 5 | MWR | 5-3 | TF Edison over 63 EOD | 18-4 |
| 6 | FCI | 5-4 | NCOA over Navy | 19-10 |
| 7 | NCOA | 3-5 | MWR over 63 EOD | 19-17 |
| 8 | 42 RSG | 2-4 | NRDP over 7233 JRC | 6-5 |
| 9 | 63 EOD | 3-7 | TF Edison over Navy | 16-1 |
| 10 | NAVY | 0-10 | | |

Standings as of July 12

Results (July 10-12)



photos by Ed Mingus

TOO CLOSE TO CALL -- Mike Murk, of FCI -left, and Mary Ruff of 7233 JRC look to the umpire for the call at first. Murk safely reached the bag but JRC went on to a 5-4 victory. Dave Zink was on the mound for Steel Angel, who lead the league with a 6-1 record. NRDP and JRC follow closely at 6-2.

Astros pitcher supports troops

WASHINGTON, July 9, 2006 -- Five members of Major League Baseball's Houston Astros bullpen will collectively contribute to 'Strikeouts for Troops' this season.

Strikeouts for Troops is a national project created by Oakland Athletics pitcher Barry Zito, benefiting servicemembers injured in battle and rehabilitating at Walter Reed Army Medical Center, in Washington, D.C.; the National Medical Center, in Bethesda, Md.; and other military hospitals.

Brad Lidge, Trevor Miller, Chad Qualls, Russ Springer and Dan Wheeler join the current efforts of 16 Major League pitchers and four minor league pitchers, including Triple A Round Rock pitcher Jason Hirsh, in providing monetary relief for injured U.S. troops and their families.

"We have so much respect for the men and women in our armed forces, and we want to do everything we can to support them," Springer said. "When we visited Walter Reed Army Medical Center earlier this year, it really hit home with us the sacrifice that is being made by these true heroes. It is an honor

for us to support them and their families."

Lidge, Miller, Qualls, Springer and Wheeler will make a combined monetary donation to Strikeouts for Troops at the end of the season based on the final 2006 strikeout total from all Astros relievers. Through games of July 3, the club's relief pitchers had combined for 222 strikeouts this season.

Established in April 2005, Strikeouts For Troops has raised \$190,836.50 to date through contributions based on various statistical categories from more than 30 professional baseball players on different Major League teams, special events and fan donations on www.strikeoutsfortroops.org, with the funds assisting America's war-wounded. Funds raised by the Strikeouts for Troops project help in many ways to bring comforts of home to hundreds of war-wounded soldiers during their rehabilitation process.

In addition, the organization has funded holiday dinners at military hospitals, bought Christmas gifts for families of patients unable to afford them,



www.strikeoutsfortroops.org

Barry Zito meets with soldiers Wasim Khan (left), Sgt. Larry Gill (center) and Cpl. Michael Oreskovic, from Walter Reed Army Medical Center before the Oakland A's/Washington Nationals Game in Washington, DC.

and helped build a hospital children's center where kids can stay while their parents tend to medical needs. The funds also help alleviate the cost of travel and housing expenses for service members' families.

"I'm grateful to the Astros Brad Lidge, Trevor Miller, Chad Qualls, Russ Springer and Dan Wheeler -- all fierce competitors whom I respect tremendously," Zito said. "We all have been

incredibly touched by hearing the courageous stories from our brave Soldiers during our visits to Walter Reed Army Medical Center. We are simply trying to give back to those who have given so much for our freedom and let them know we care."

The effort is also funded by contributions to the "Strikeouts for Troops Fund" at the Community Foundation for the National Capital Region.

Griffith Field House

Spring/Summer Walking Club

Where:
Griffith Field House
Building 6053
8th & Millville

When:
Apr 3 - Aug 25, 2006
Every Wednesday & Friday
12-1pm

At the end of this program, all participants will receive a FREE water bottle. To ensure attendance, you must sign in at the front desk of the Field House prior to each walk.

The whole family can participate in this activity. Bring your friends and bring your kids. Baby strollers are permitted, and you may walk at your own pace.

Sign up today at the front desk of the Field House and start walking your way to a healthier life!

The Walking Club follows the Griffith Field House 5K (3.1 Miles) Map. See reverse for more details.

For more information, please call the Fitness Coordinator at 609-562-2707.

OFFICERS VS. ENLISTED

BOSS

DOUBLE ELIMINATION

PRESENTS

STARS & STRIPES

BASKETBALL TOURNAMENT

17TH - 21ST JULY
6PM-9PM
LOCATED @ BLDG 402
FREE FOR ALL TEAMS

AWARDS FOR 1ST PLACE AND INDIVIDUAL TEAM TROPHIES!!

THERE IS A \$3.00 ENTRY FEE
12 AND UNDER WITH ID FREE

FOR MORE INFO CONTACT SPORT & FITNESS @ 718-630-4830, YOSHICA McCULLOUGH @ 718-630-4772 OR SGT CYNTHIA CHAMBLE @ 917-816-0129